

# Lamb shank on vegetables

Cuisine: Czech

Food category: Lamb/Mutton

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Company: Retigo



## Program steps

Preheating: 245 °C

1	Hot air	0 %	Termination by time	00:07 hh:mm	230 °C	100 %	
2	Combination	80 %	Termination by time	02:30 hh:mm	130 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
lamb knee	10	pcs
root vegetables	650	g
onion	200	g
salt	30	g
olive oil	150	ml
ground black pepper, ground	2	g
rosemary	20	g
water	1	l

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

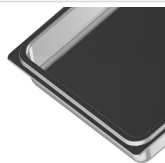
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	34.6 kJ
Carbohydrate	6.9 g
Fat	0.3 g
Protein	0.9 g
Water	0 g

## Directions

Dry the rinsed knees, salt and pepper them. Cut the cleaned vegetables and onions into cubes and place them in an enameled GN 1/1 100mm dish. Drizzle with oil. Place in a preheated oven and fry until browned. Then cover the knees and vegetables with water, add a sprig of rosemary and simmer (bake) in the combined mode at 130°C / 80% steam for approx. 2 hours. while the knee is stewing, pour over the juice and top up with water. Take out the soft knees, thicken the juice with a frying pan, boil, season, strain through a fine sieve. When serving, we blanch fresh root vegetables, fry them in butter. Pour the sauce over the knee, place the vegetables around it.

## Recommended accessories



GN container Stainless steel full



Enameled GN container